

The Tribune Institute

Housekeeping as a Profession At Your Service In the World of Women

Some Soups—Considered as Real Food

By VIRGINIA CARTER LEE

A GOOD, nutritious soup, seasoned just to the "queen's taste," is one of the very best dishes for the caterer who must figure closely on a small household budget. Even a very hungry man can be well satisfied if the soup is an unstrained "potage," the flavor just right, and it is served hot with good homemade bread.

Unfortunately few American housewives realize the importance of the long, slow cooking (where the contents of the soup kettle merely bubbles) when making soup, or the frequent tasting to see if just the right degree of perfection has been reached in the seasoning.

A bit of poultry seasoning, half a teaspoonful of sugar, a pinch of curry powder, a couple of bay leaves, a few whole cloves or a tiny bit of ginger root are all suggestions that will often remove that "flat taste" so often found in home-made soups even when made with the best materials.

Nearly all chowders should have a bit of salt pork added, and, as a rule, it is better to partly cook the onion (another necessary ingredient to almost all chowders) in the hot fat that comes from the pork. To properly thicken a soup use a little flour mixed with cold water. Add a few spoonfuls of hot soup to the flour mixture first, and then pour it gradually into the soup, stirring constantly.

In the present week's menu soup is served every night for dinner, and also as the main course for three luncheons. Particular attention is directed to the recipe for the special Italian soup, which is served as the piece de resistance of Saturday's dinner. This costs 35 cents, and it is so hearty that a salad with cheese and a simple dessert will give a delicious dinner at very small expense.

The cream of oyster and celery soup (cost, 40 cents) is made by scalding a

pint of milk with half a minced onion, two sprigs of parsley and half a cupful of finely chopped celery. Remove the vegetables and cook in salted water till tender. Drain; add to the milk, thicken with an eighth of a cupful of flour blended with three tablespoonfuls of oil, and add twenty oysters that have been scalded in their own liquor. Season with salt and paprika to taste.

As further aids to the caterer it is estimated that the corn chowder will cost 28 cents, the Pomeranian 35 cents, the cheese and macaroni 25 cents, the veal and tripe 32 cents, the purée of spinach 47 cents, the dried lima bean and pimiento 21 cents, the tomato bouillon 20 cents and the cream of peanut 25 cents.

The meats for the week, exclusive of that used in the soups, will include one pound of chopped veal, 35 cents; one pound and a half of stewing mutton at 28 cents a pound, half a pound of bacon at 45 cents a pound, one-quarter of a pound of chipped beef at 68 cents a pound, five mutton kidneys at 6 cents each and one-half pound of salt pork at 35 cents a pound.

At the fish market (leaving out the oysters for the soup) a one-pound can of salmon for 32 cents, one-third of a pound of salt cod at 30 cents a pound and one pound and a half of flounder at 20 cents a pound.

The food budget for the week should run as follows:

Soups for the week.....	\$3.08
Meats	1.65
Fish72
Eggs	1.28
Milk and cream69
Butter and oil93
Fruits	1.27
Vegetables	1.25
Groceries	2.13
Total	\$13.00



How to Eat Soup

A spoonful or two of clear consommé is an appetite provoker. A generous serving of a good potage or chowder is an appetite satisfier. We need a French point of view on soups. We are entirely too casual and superficial both as to the making and eating of this important dish, and the average American soup as it is served is not apt to win many friends.

A French restaurateur of local fame, on being complimented on the subtle blending of flavors in his incomparable "Petite Marmite," raised his hands heavenward and said: "Ah, but, madam, that soup has simmered for twelve hours." There are some kinds of foods that call for "time" as a main ingredient, and soup stands first on the list.

Try soups as a real food—both for profit and pleasure, and as a help toward saving that 20,000,000 tons of exportable foods that Poland, Serbia, Rumania, Belgium et al. are still needing from us. A. L. P.



TESTED RECIPES

Pomeranian Soup

Soak two cupfuls of red kidney beans over night in cold water; drain, cover with fresh boiling water and simmer until very tender. Drain, rub one-half through a fine sieve and add to the bean pulp gradually equal parts of strained tomato and the liquor in which the beans have been cooked (sufficient to reduce it to the desired consistency). Add to this broth a bunch of very finely minced "soup bouquet," and season to taste with salt, paprika, a bit of sugar and a teaspoonful of Worcestershire sauce. Simmer until the greens are tender, add the reserved whole beans, and serve very hot with croutons.

Cheese and Macaroni Soup

Grate finely two tablespoonfuls of stale cheese. Place a scant quart of milk in the upper part of the double boiler and when hot add half a cupful of vermicelli, broken into short lengths. Boil until the vermicelli softens, stir the cheese in quickly and when it melts add a lightly beaten egg and salt and paprika to taste. Cook only for a couple of minutes for the egg to set, and serve immediately.

Italian Special Soup

Purchase a two-pound soup bone, cracked, with a little meat attached, cover with about three quarts of cold water and add a bay leaf, one sliced onion, two diced carrots, a slice or two of turnip, and a teaspoonful of salt. Bring slowly to the boiling point, skim, and simmer for two hours or until the meat is very tender. Strain and return the liquor to the kettle. Add two stalks of chopped celery, a few drops of kitchen bouquet and a small cupful of noodles, and simmer until they are tender. Now add the original chopped vegetables, with any bits of cooked vegetables on hand, such

as peas, spinach, canned lima beans or tomato. Also cut the meat in shreds, season to taste with salt, paprika and a suspicion of grated cheese, and return it to the soup pot and reheat.

Veal and Tripe Soup

Chop finely, two of each, green peppers, onions and peeled beets. Melt a tablespoonful of bacon dripping in a saucepan, add the chopped vegetables and stir until the butter is absorbed. Also add half a pound of fresh tripe cut into cubes, one pound and a half of veal knuckle and one-quarter of a cupful of blanched rice. Pour over two scant quarts of water and simmer for two hours. Take out the veal, season to taste with salt and white pepper, add one cupful of canned tomatoes and let simmer for twenty minutes longer. If there is meat on the knuckle, cut it in shreds and add to the soup.

Mutton à la Marquise

This dish is prepared by cooking a piece of stewing mutton until tender. Chop the meat finely and mix with an equal quantity of cooked rice. Season with salt, pepper and onion juice. Add a little chopped parsley and curry powder to taste. Moisten with a gravy or stock, form into cutlets and sauté in bacon fat.

A Good Purée of Spinach

Pick over and wash thoroughly two quarts of spinach. Cook rapidly in actively boiling, salted water for fifteen minutes, drain and drop into cold water. (This heightens the color.) Drain again, press as dry as possible; then chop and pound to a paste. Have ready one quart of thin white sauce (made with the addition of a bay leaf for seasoning), and add this a little at a time to the spinach pulp. Bring again to the boil, stirring constantly, remove the bay leaf, add salt and white pepper to taste, and stir in two chopped hard boiled eggs and the juice of a quarter of a lemon.

Monday

BREAKFAST

Halved Grape Fruit
Fried Polenta with Cheese
Toast Coffee

LUNCHEON

Cream of Oyster and Celery Soup
Crackers
Baked Apples Cookies

DINNER

Corn Chowder
Veal Loaf Creamed Potatoes
Buttered Carrots
Peach Betty

Tuesday

BREAKFAST

Cooked Cereal with Dates
Creamed Eggs with Vegetables
Raised Rolls Coffee

LUNCHEON

Sliced Veal Loaf
Hot Biscuits
Peach Whip

DINNER

Pomeranian Soup
Salmon Cutlets Cream Sauce
Green Peas Mashed Potatoes
Watercress Prune Jelly

Wednesday

BREAKFAST

Spiced Apple Sauce Dry Cereal
Fish Cakes (salt cod)
Buttered Toast Coffee

LUNCHEON

Cheese and Macaroni Soup
Rye Bread Fruit Salad

DINNER

Clear Tomato Bouillon
Mutton à la Marquise
Baked Sweet Potatoes Creamed Turnips
Sliced Oranges and Bananas with
Cocoanut

Thursday

BREAKFAST

Stewed Dried Apricots
Bacon Rolls Waffles
Syrup Coffee

LUNCHEON

Mince of Mutton in Biscuit Cases
Romaine Salad
Apricot Custard

DINNER

Veal and Tripe Soup
Parsley Omelet
Hashed Browned Potatoes
Lettuce Salad
Steamed Chocolate Pudding

Friday

BREAKFAST

Cooked Cereal with Apple Whip
Cream Cinnamon Toast
Coffee

LUNCHEON

Purée of Spinach Croutons
Fruit Sandwiches
Tea

DINNER

Dried Lima Bean and Pimiento Soup
Sautéed Flounder Creamed Potatoes
Stewed Tomatoes
Baked Caramel Custard

Saturday

BREAKFAST

Sliced Oranges and Bananas
Shirred Eggs with Cheese
Bran Gems Coffee

LUNCHEON

Celery, Apple and Nut Salad
Hot Cocoa Biscuits
Rice Pudding with Raisins

DINNER

Italian Special Soup
Rye Bread
Romaine and Egg Salad Cheese
Hot Gingerbread with Whipped Cream

Sunday

BREAKFAST

Dry Cereal
Creamed Chipped Beef
Buttered Toast Coffee

LUNCHEON OR SUPPER

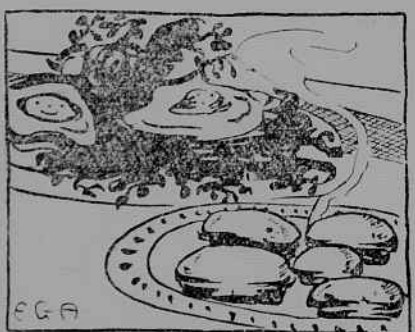
Baked Cheese Custard
Lettuce Salad Rolls
Fruit Jelly

DINNER

Cream of Peanut Soup
Kidney and Salt Pork Pie
String Beans Sweet Potatoes
Celery
Ice Cream Croquettes

Savory Winter Salads Cleverly Contrived

By MARGARET HAMELIN



a delicate green, are highly recommended.

In making jellied mayonnaise soften two teaspoonfuls of granulated gelatin in one tablespoonful of cold water and dissolve in two tablespoonfuls of hot water; cool, and as it begins to thicken beat it into one cupful of thick mayonnaise.

To prepare the clear vegetable jelly put into a saucepan one and a half cupful of cold water, a tablespoonful each of chopped carrot and celery, a slice of onion, two sprigs of parsley, one bay leaf and three whole cloves. Add also one teaspoonful of beef extract or two bouillon cubes dissolved in a scant cupful of cold water. Cover and let simmer for half an hour. Have ready one heaping tablespoonful of granulated gelatin, soaked in half a cupful of cold water; add this to the hot liquid, stir until dissolved and strain. The jelly may be tinted with a few drops of green vegetable coloring, or made a rich amber with a few drops of kitchen bouquet. Season to taste with salt and white pepper.

The despised cabbage is still another excellent salad "green," but be sure that it is thoroughly crisped in very cold water, shaved with a very sharp knife and then tossed until each particle is coated with the dressing. In serving all green salads dry them very carefully before adding the dressing, as otherwise the dressing will not adhere but run through and form in a watery pool in the bottom of the salad bowl.

Winter salads may also be the economical medium for using up a few spoonfuls of cooked food that might perhaps find its way to the refuse can; and it is surprising what a very small quantity of material can be converted into a tempting salad for the home luncheon or supper. Accompanied by good bread and butter, hot cocoa and canned or stewed fruit, an appetizing meal is provided with all the proper food values and at very little expense.

Don't be afraid to experiment when making salads; the bit of shredded salt mackerel (left from breakfast) added with a pickled beet to the potato salad will give it a flavor you never dreamed of before, and the tiny pinch of curry powder blended with the French dressing, poured over a canned peach salad, adds much zest.

In the following tested recipes will be found some excellent "winter salads":

Hot Egg and Watercress Salad

Into a small frying pan put two tablespoonfuls of vegetable oil and when hot add one tablespoonful of minced onion. Fry without browning for four or five minutes and then break in (without beating) three eggs. Add paprika and salt to taste and stir them gently as they

cook, so as to partially mix the whites and yolks and yet have them show separately. When a light, creamy mass pour over a deep bed of crisp watercress that has been dressed with a French dressing. Serve immediately with hot rolls or brown bread sandwiches.

Astoria Salad

Remove the pulp from one grape fruit and one orange without taking the mem-

brane and save every particle of juice. Also cut two canned pears in lengthwise slices. Cut two heads of endive in halves lengthwise, discard the outer leaves, wash carefully and dry each leaf. Place the halves of endive on individual plates (these will resemble a spread fan); set the slices of pear, one almost overlapping another, at the root of the endive; back of these the sections of orange pulp and the grapefruit just above the tips of the

leaves. To the fruit juice add slowly four tablespoonfuls of olive or other vegetable oil, pour over the salad and sprinkle lightly with chopped canned pimientos.

Beets Stuffed With Cabbage and Nut Salad

Have ready small beets of uniform size boiled until tender; also a few white lettuce leaves washed and dried. For

four beets use one cupful and a quarter of chopped crisp cabbage and four tablespoonfuls of chopped walnut meats. Cut out the centres of the beets and trim them as needed to make cases one-quarter of an inch thick. Chop the removed portions of beets and add to the cabbage and nuts. Season to taste with salt and paprika, moisten with a boiled or mayonnaise dressing and fill into the beets. Set each case in a cup of lettuce leaves. This gives a very ornamental salad.

Carrot, Pea and Peanut Salad

This is a convenient salad when carrots and peas have been served in combination for a previous dinner. Add to one cupful of the combined vegetables half a cupful of chopped celery and one tablespoonful of chopped roasted peanuts. Moisten with a French dressing made with mint vinegar and serve on a bed of shredded romaine. Mint vinegar can be made by heating the desired amount of vinegar with a little dried or fresh mint. Let the herb cool in the liquid and then strain.

Canned Corn Salad

A quarter of a can of corn will serve four persons. Drain thoroughly, add half the amount of chopped celery tops, one tablespoonful of chopped green pepper and two tablespoonfuls of minced sweet tomato pickle. Moisten slightly with a boiled dressing and serve in hollowed moulds of firm tomato jelly. Set each mould on a bed of shredded lettuce.

Dutch Potato Salad

Sprinkle half a teaspoonful of salt over one and a half cupful of cooked potatoes, cut in half-inch cubes, then add one tablespoonful of chopped canned pimientos, one slice of minced white onion, two tablespoonfuls of chopped capers, two tablespoonfuls of chopped parsley, half a cupful of shredded sardines, two chopped hard-boiled eggs and two tablespoonfuls of chopped mustard pickles. Pour over about six tablespoonfuls of olive or vegetable oil and turn the ingredients over and over until the oil is all taken up; then add three tablespoonfuls of vinegar and turn again. Set in a cold place until ready to serve. This salad should stand for some time after making. Serve in a salad bowl lined with lettuce leaves.

Mixed Green Salad With Hard Boiled Eggs

Half a head of shredded lettuce, half a bunch of shredded watercress and half a cupful of chopped celery tops. Mix the washed and dried green vegetables together, and, if you have a small saucerful of cooked string beans, add these also, with two coarsely chopped hard boiled eggs. Dress with a French dress-



ing, toss lightly and serve in two crisp lettuce leaves, arranged as a cup. Sprinkle with chopped canned pimientos.

Dried Lima and Black Bean Salad

Let one cupful each of lima and black beans soak overnight, separately, in cold water; then drain, wash in cold water, drain and set to cook in cold water. After boiling begins replenish with boiling water as needed and let cook until tender, but not broken. Season with salt when about three-quarters cooked. When cold add to the lima beans two tablespoonfuls of chopped parsley and one tablespoonful of minced green pepper and to the black beans one chopped hard-boiled egg and a tablespoonful of chopped red tomato pickle. Arrange in individual portions (a small spoonful of each mixture on a large lettuce leaf) and add a French dressing to which a tablespoonful of Worcestershire sauce has been added.

SALAD DRESSINGS

Cream Cheese Salad Dressing

Beat a quarter of a cupful of cream cheese to a paste and gradually beat in the uncooked yolk of one egg, half a teaspoonful each of salt and paprika, six tablespoonfuls of vegetable oil and from two to three tablespoonfuls of vinegar. This dressing is particularly good with lettuce, endive, romaine and cold boiled cauliflower.

Nicoise Dressing

Mix together the sifted yolk of a hard-boiled egg, half a teaspoonful each of mustard and salt, one-quarter of a teaspoonful of paprika and one teaspoonful each of chopped chives and parsley; then gradually stir in four tablespoonfuls of vegetable oil, one tablespoonful of chili sauce and one tablespoonful of vinegar. This dressing is recommended for both cabbage and celery salads.

Chiffonade Dressing

To one pint of mayonnaise add a scant half cupful of mixed chopped green peppers and canned pimientos, half a tablespoonful of horseradish and a quarter of a cupful of mixed chopped olives and cucumber pickle. This is delicious with any cold fish salad.

Two Indoor Clothes Dryers

Tested and Endorsed by The Tribune Institute

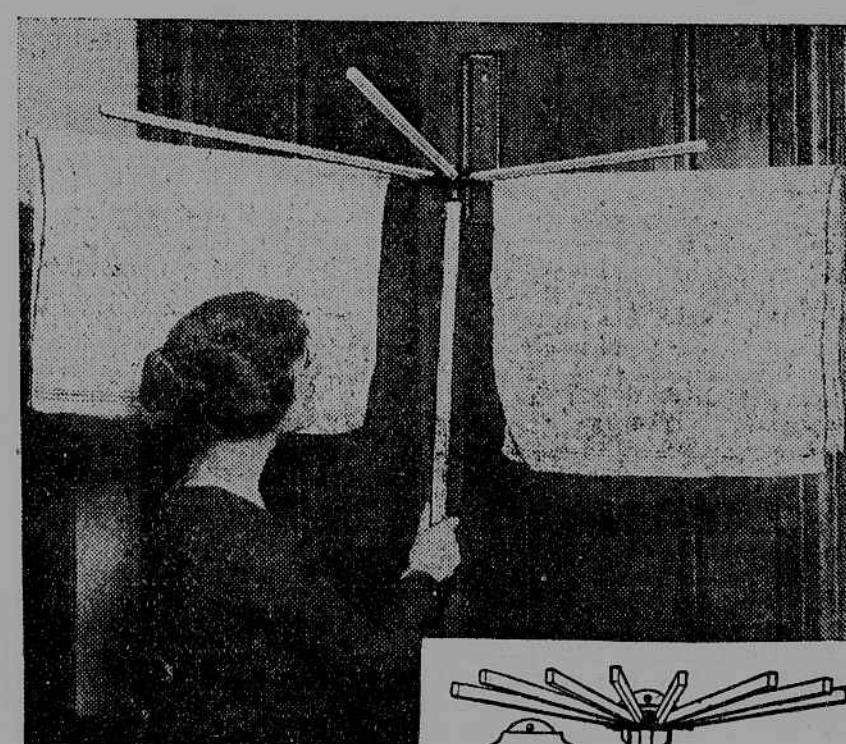
Convenient Clothes Dryer

EVERY kitchen requires a dryer or rack for the towels and small pieces on ironing day, and the wise housekeeper selects a type which is convenient, takes up no floor space and is out of the way when not in use. At this season of the year, when snow and rain are always imminent, an indoor clothes dryer is really more of a necessity than a mere convenience.

The Hi-Lo Clothes Dryer is made of maple wood and metal, finished in black enamel. It has five horizontal radiating arms, each two feet long, and a vertical downward projecting handle. It is designed to be fashioned high on the wall or window casing. To lower the arms grasp the handle, tilt it slightly and pull down, bringing the arms within easy reach. After the clothes are hung raise the handle as high as possible so that the hooks will catch on the pins and fasten the arms, leaving the clothes above the head and near the ceiling, where the air is warmer. The radiating arms are raised twenty-two inches by the operation of the handle.

The Leader Clothes Dryer is a wall type consisting of eight arms, each thirty inches long, attached to a bracket which slides along a frame board. This board is fastened to the wall and the drying arms can be locked at either of two heights in a horizontal position. The lower height is for conveniently placing the clothes on the arms, while the upper position is to get them out of the way and in a place where they will be exposed to the most heat.

The dryer should be placed so that the arms when lowered are on a level with the eyes and the clothing can be conveniently hung without effort. When

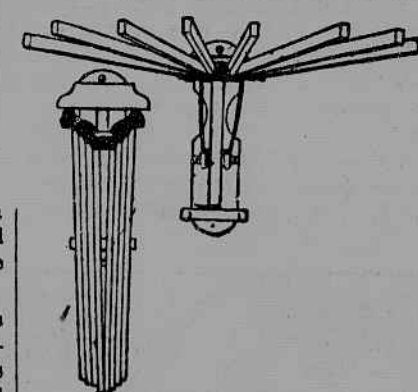


The Hi-Lo Clothes Dryer in action.

raised the arms will be about fourteen inches higher, so that the suspended clothing escapes contact with the people in the room.

When the dryer is not in use the arms can be swung together and folded downward, lying flat against the wall. This dryer has the advantage that the loaded arms are easier to raise, since the bracket slides along a guiding board, while with the Hi-Lo the arms of the person doing the work must support the weight during the operation. The latter dryer, however, is excellent for smaller pieces.

Hi-Lo Clothes Dryer. Price, 60 cents.



The Leader Clothes Dryer, built to carry a heavy burden.

Made by the Patent Novelty Co., Inc., Fulton, Ill.
Leader Clothes Dryer, No. 1. Price, \$1.50. Made by The Penn Manufacturing Co., North Girard, Pa.